

June 30, 2022

CELEBRATE INDEPENDENCE DAY THE HEALTHY AND SAFE WAY



Independence Day is one of the most anticipated holidays on the calendar. Whether you choose to celebrate by enjoying a relaxing day at the beach, a picnic at the park, or watching fireworks, it pays to enjoy the holiday safely.

To help keep your family gatherings memorable for all the right reasons, your West Central Florida County Health Departments serving Citrus, Hardee, Hernando, Highlands, Hillsborough, Manatee, Pasco, Pinellas, Polk, and Sarasota counties offer these important tips:



- Wear a sunscreen with an SPF of at least 30 to protect yourself from harmful ultraviolet rays. Be sure to reapply often and seek shade between 10 a.m. and 2 p.m. when the sun is the strongest.
- Drink plenty of water during the heat of the day. Dehydration can be a major threat during Florida's sweltering heat.
- Know the signs of heat illness and seek shade and air conditioning during the hottest parts of the day.
- If you are swimming at the beach or in a pool, never leave children unattended. It takes only a moment of inattentiveness for a tragedy to happen. Assign someone to watch young swimmers. For more information, visit www.watersmartfl.com.
- At your picnic or cookout, keep hot foods above 140 degrees after cooking and use ice or cold packs in insulated coolers to keep cold items at 40 degrees or cooler to prevent foodborne illness.
- The summer is prime time for Florida's mosquitoes. Apply a mosquito repellent to keep them – and the diseases they may carry – away from you.
- Fireworks are a traditional part of the Independence Day experience. Remember that they can cause severe injuries. If you plan to use your own fireworks, visit the National Safety Council's Fireworks Safety page at www.nsc.org/home-safety/tools-resources/seasonal-safety/summer/fireworks for important safety tips. Or you can always leave the show to the professionals.
- Remember that pets can be frightened by fireworks, so plan accordingly.

For more safety tips and information, please call your local Florida Department of Health office:

DOH-Citrus	(352) 527-0068	DOH-Manatee	(941) 748-0747
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DOH-Hardee	(863) 773-4161	DOH-Pasco	(727) 619-0300
DOH-Hernando	(352) 540-6800	DOH-Pinellas	(727) 824-6900
DOH-Highlands	(863) 386-6040	DOH-Polk	(863) 519-7900
DOH-Hillsborough	(813) 307-8000	DOH-Sarasota	(941) 861-2900

Here's hoping for a safe, happy, and healthy Independence Day from your West Central Florida Department of Health offices.

About the Florida Department of Health

The Department, nationally accredited by the [Public Health Accreditation Board](#), works to protect, promote, and improve the health of all people in Florida through integrated state, county, and community efforts.

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